

Hemp Recipe Book



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pennsylvania
DEPARTMENT OF AGRICULTURE

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Vanilla Cinnamon Hemp Milk

SERVINGS: APPROX/
20-24 1/4 CUP SERVINGS

PREPPING TIME: 20 MIN

TIME BEFORE RECIPE CAN
BE EATEN: ABOUT 6 HOURS

Ingredients

- 2 cups hemp hearts
- 4 medjool dates, pits removed
- 1 vanilla bean (can swap in extract)
- 1/16 tsp salt
- 4 cups filtered water
- 6-8 cups filtered water
- liquid sweetener to taste - agave, honey, liquid stevia, or other
- Tools needed:
- Nut milk bag or cheese cloth



Directions

1. In a large bowl, add hemp hearts and 4 cups of water. Allow the hearts to soak for 4-6 hours or overnight.
2. After the hearts soak, strain out the hearts and discard the water.
3. Add the hearts to the blender with 6 of the 8 cups of new water, as above.
4. Blend until smooth, or as smooth as possible.
5. Place a nut milk bag or cheesecloth into a large bowl. If using a cheesecloth, make sure the ends of the cloth are large enough to fold over the sides of the bowl so it does not fall into the bowl.
6. Strain the mixture through a nut milk bag/ cheesecloth, collecting the liquid in a clean vessel.
7. Squeeze the bag/ cheesecloth as to help extract as much of the liquid as possible.
8. Rinse the blender out so no hemp heart residue remains.
9. Return the milk you collected in the bowl to the blender. (Save the heart pulp for another recipe!)
10. To the blender, add the the milk, dates, vanilla, salt, sweetener. Blend until smooth. add more water until desired thickness/ thickness is achieved.
11. Transfer the milk to glass storage bottles.
12. Store in the refrigerator for 7 days.
13. For longer storage, freeze in ice cube trays, then transfer to storage containers for up to 3 mos.



Apple Cinnamon Granola

SERVINGS: APPROX 15
1/4 CUP SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 25-35 MIN

Ingredients

Ingredients

- 3 cups rolled oats
- 1 cup hemp hearts
- 1 cup raisins
- 1/2 cup unsweetened apple sauce
- 3 tbsp avocado or coconut oil
- 1 tsp vanilla extract
- 2 tsp apple pie spice
- 1/4 tsp salt



Directions

1. Preheat your oven to 325 F.
2. Combine melted oil, vanilla, apple sauce, spices in a large bowl.
3. Add oats, hemp hearts. Stir to combine.
4. Pour the granola out on a parchment lined baking sheet and spread out evenly.
5. Bake for 15 minutes.
6. Using a heat safe spatula, mix and flip the granola.
7. Add the raisins. Mix the granola and raisins.
8. Bake the granola for another 15 minutes.
9. Again, using a heat safe spatula, mix and flip the granola.
10. Continue to bake and mix, as above, in 5-10 minute increments until desired crispiness is achieved.
11. Eat warm or at room temperature.
12. Lasts for up to 2 weeks in an air tight container.



Hempesto

SERVINGS: N/A

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- Ingredients:
- 3 cups fresh basil
- 1 cup fresh or frozen greens (I like spinach)
- 2 cloves garlic
- 1/4 cup raw or lightly toasted hemp hearts
- 1/4 pecorino romano cheese
- 1 lemon - zest and juice
- salt to taste - the cheese is salty so you shouldn't need too much



Directions

1. Add garlic to a food processor. Pulse to mince.
2. Add hemp hearts, pulse with the garlic to finely mince.
3. Add cheese, lemon zest, lemon juice. Pulse to combine.
4. Add olive oil. Pulse to combine.
5. Add basil and greens. Pulse until just combine. The green color should remain bright green. You may need to add in two batches, depending on how large your food processor is.
6. Taste and add salt and pepper to taste.
7. Store in an air-sealed container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
8. Enjoy!
9. TIP - Don't overly process these ingredients. At the end, you should still see chunks of nuts and cheese. It should not be pureed.

Hemp and Lentil Burgers

SERVINGS: 4-6

PREPPING TIME: 20 MIN

COOKING TIME: 20 MIN

BURGERS

Ingredients

- 1 1/2 cup brown lentils
- 3 cups veggie broth
- 1 egg
- 1/2 small onion
- 1/2 red bell pepper
- 1 cup rolled oats
- 2 cloves garlic
- 1 tbsp miso paste
- 1/2 cup hemp hearts
- 1/2 tsp salt and ground black pepper
- 1 tbsp avocado oil for cooking



Directions

1. In a small saucepan, add the broth and lentils. Cook the lentils on low heat until soft.
2. Finely dice the bell pepper, onion, and garlic in a food processor.
3. Turn a sauté pan to low heat, add avocado oil. Add veggies and begin to sauté until soft and translucent.
4. While lentils and veggies cook, prep your other ingredients.
5. In the food processor, add hemp hearts and process until fine crumb forms. You may choose to add oats now, as well
6. Add the garlic and pulse until the garlic is minced.
7. Once the lentils and vegetables are cooked, add them to the food processor with the other ingredients. Pulse until everything is finely minced and combined.
8. Carefully dump you ingredients into a large bowl.
9. Add miso, egg, oats. With clean hands, mix the ingredients to combine.
10. If mixture feels wet, add another 1/4 cup rolled oats (whole or ground). Mix and reassess texture.
11. Once you have the desired texture, begin to form burgers.
12. Turn the same sauce pan you cooked the veggies in to low heat. Add the burgers, cooking thought until the internal temperature reaches 160F.
13. Enjoy like you would any other burger!



Hemp Crusted Salmon

SERVINGS: 4
SALMON FILETS

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 4 -5 salmon filets
- 1/2 cup hemp hearts
- 1 tbsp dijon or grainy mustard
- 1 tsp honey
- 1/2 lemon, juiced
- 1 clove garlic
- 1 tsp hot sauce, and more for a spicier version
- salt and pepper to taste



Directions

1. Line a baking sheet pan with parchment paper or a silpat.
2. Pre-heat your oven to 375F.
3. Lay out the 4 -5 salmon filets. (There will be enough crust mixture for 5 with a thinner crust.)
4. In a small food processor, add the garlic and pulse to mince.
5. Add the mustard and honey. Process to combine.
6. Add the hemp hearts and pulse until combined and a thick, chunky paste forms. Add more hemp hearts as needed.
7. Taste the paste and add salt and pepper to taste. Add optional hot sauce at this time. Process to combine.
8. Add 1/4 of the paste on top of each salmon filet, pressing it down tightly onto the salmon.
9. Optional - surround the salmon with small, chopped, veggies for a 1 pan meal - broccoli, onion, small diced potatoes are my favorites.
10. Put the salmon in the oven until fully cooked. This is when the fish is opaque all the way through and easily flakes with a fork. About 20 minutes.
11. Enjoy!



Hemp Alfredo Sauce

SERVINGS: TO COAT
ABOUT 1 LB PASTA

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

*DOUBLE THE RECIPE FOR A SAUCIER OPTION

Ingredients

- 1 1/2 cup hemp hearts
- 2 cups water +1/2 cup water + more as needed
- 1 cup unsweetened plain plant milk
- 1 cup nutritional yeast
- 1-2 cloves garlic
- 1 tsp yellow mustard
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 ground nutmeg
- black pepper to taste



Directions

1. Add hemp hearts in 2 cups of water in a large bowl for 3-4 hours or overnight.
2. Drain the water out and discard.
3. Add the hemp hearts to a blender with add almond milk, garlic, mustard, spices, nutritional yeast.
4. Blend until smooth. Add water as needed, 1/4 cup at a time until the desired consistency is achieved.
5. Pour the mixture into a saucepan.
6. Heat on medium heat until simmering.
7. Simmer For about 10-12 minutes.
8. Add water as needed to thing the sauce as needed.
9. Eat the sauce as you would Alfredo sauce.
10. Enjoy!



Hemp & Herb Crusted Goat Cheese

SERVINGS: N/A

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 log goat cheese, 10-12 oz
- 1 lemon, zested
- 1 cup hemp hearts
- 4 tbsp dried herbs de Provence
- 1 tsp dried parsley
- 1/2 tsp salt
- Crackers, veggie slices, or crostini for serving



Directions

1. Add hemp hearts, lemon zest, and spices to a food processor and pulse until finely ground and combined.
2. Pour the mixture onto a dinner plate.
3. Carefully remove goat cheese from package.
4. Roll the log of cheese into the herb and heart mixture, lightly pressing the mixture into the side of the cheese so it sticks.
5. Optionally, cut slices or make balls of cheese to coat with the herbs and nuts.
6. If serving immediately, place the cheese on a serving platter. If not, carefully wrap the cheese snugly with plastic wrap to ensure all of the seasoning stays on the cheese and store in the refrigerator for up to 3-4 days.
7. Serve the cheese with a cheese or butter knife, crackers, vegetable slices, crostini, or dried fruit.
8. Enjoy!

No Bake Lemon Cheesecake

SERVINGS: 8-10
SLICES

PREPPING TIME: 30 MIN

TIME BEFORE RECIPE CAN
BE EATEN: ABOUT 4 HOURS

Ingredients

- 1 package of graham crackers
- 1 cup hemp hearts
- 1/4 cup melted butter or coconut oil
- 1 tsp cinnamon
- Zest of two lemons
- 2 - 8 oz packages of cream cheese, room temp
- 1 - 8 oz container of cool whip, room temp
- 1/2 cup powdered (10x) sugar of choice
- 2 tsp vanilla extract



Directions

1. In a food processor, add hemp hearts and graham crackers. Pulse until finely ground.
2. Add cinnamon and pulse to combine.
3. Add melted oil/ butter and pulse until it begins to clump together.
4. Pour out the mixture into a spring form pan. Using your fingers, gently press the mixture down, so it forms and tightly packed, even layer across the bottom of the pan and about 1/4 inch up the sides around the entirety of the pan.
5. Place in the refrigerator to firm up while you make the topping.
6. In a stand mixer, add the cream cheese. Using the paddle, whip the cream cheese.
7. Add sugar, vanilla, and lemon zest. Mix to combine.
8. Add the cool whip and mix for 1-2 minutes on low to combine. Don't over mix the cool whip.
9. Remove the mixing bowl from the stand mixer. Using a spatula pour the topping onto the crust in the spring form pan and spread evenly.
10. Cover with plastic wrap and place in the refrigerator to firm up for about 4 hours before serving.
11. Before serving, remove the side of the spring form pan and plastic wrap.
12. Top with lemon zest, whipped cream, or fruit to garnish.
13. Enjoy!

No Bake Cocoa & Hemp Truffles

SERVINGS: 8-10
TRUFFLES

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/4 cup cocoa powder
- 1 cup hemp hearts
- 3 tbsp coconut oil
- 5-6 pitted medjool dates
- 2 tbsp cocoa powder for rolling
- 1 tsp vanilla extract
- 1 tsp cinnamon OR 1/4 tsp cayenne for a spicy option
- 1/8 tsp salt



Directions

1. Line a sheet pan with parchment or wax paper.
2. Melt the coconut oil in a sauce pan or in the microwave.
3. Add coconut oil, half of the hemp hearts, and dates to a food processor. Process until smooth.
4. Add vanilla, salt, cinnamon/ cayenne, salt, 1/4 cup of cocoa powder and pulse to combine.
5. Using a spoon or ice cream scoop, form balls from the mixture and lay out on sheet pan.
6. In a dish, add remaining cocoa powder hemp hearts.
7. One by one, carefully roll the balls in the cocoa and hemp hearts and return to the sheet pan. Roll some in only one or the other - get creative!
8. Put the sheet pan the freezer for 10-15 minutes to allow the truffles to harden.
9. Serve a room temperature.
10. Store for up to 1 week in the refrigerator or 3 months in the freezer.

Chia and Hemp Banana Pudding

SERVINGS: 4
SERVINGS

PREPPING TIME: 20 MIN

TIME BEFORE RECIPE CAN
BE EATEN: ABOUT 4 HOURS

Ingredients

- 2 cups milk of choice and more as needed
- 2 medium bananas
- 1 cup chia hearts
- 1/2 cup hemp hearts
- 2 tsp cinnamon
- 1/2 tsp vanilla extract
- sweetener of choice
- optional - vanilla wafer cookies for garnish



Directions

1. Lay out 4 mason jars or food safe containers on your work surface.
2. In a small soup or mixing bowl, add 1 banana. Using a fork, mash the banana.
3. Add 1/4 of the banana into each container. Top the banana with 1/4 cup of chia hearts, 1/8 tsp cinnamon, and 1/2 cup of milk per container. If you are adding sweetener, add it at this time too.
4. Use a fork to mix together and let sit off to the side for about 1 hour.
5. After 1 hour, assess the consistency of the pudding, add more milk as you desire. Remix and let sit for another hour. You will now know how much milk to add next time you make this recipe.
6. Let pudding sit for about 1 hour before enjoying or overnight for best results.
7. When you are ready to enjoy the pudding, top with hemp hearts, additional cinnamon, banana slices, and optional crumbled vanilla wafer cookies.
8. Enjoy!



Bon Appetit!

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